



From the desk of Dr. Tomaino

ShephardClinic
of the Chiropractic Arts, P.C.

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The falls really do add up...



Winter in Oregon is now in full swing, which means many of us will be heading to the mountain to take in all that the colder months have to offer. The fun we have skiing and snowboarding does come with some risks, however. Minimizing these risks and managing the unfortunate injuries that often occur plays a key role in maintaining a healthy lifestyle.

Skiing and snowboarding injuries are extremely common, but are often overlooked. Common injuries from skiing include knee, head, neck, and shoulder and collar bone injuries. Snowboarding injuries typically include wrist, shoulder and collar bone as well as neck and back injuries.

The forces associated with any type of fall are comparable to that of a car accident whiplash injury, where the head is whipped forward, then backward at a rapid speed. Concussions, headaches, hearing changes, arm pain, and neck pain are all common symptoms present with whiplash injuries, however sometimes do not develop until days later.

The most important step in treating any type of injury is to be evaluated by a trained professional who can improve healing as well as prevent long-term or chronic problems. If you've been in a skiing or snowboarding accident, give Shephard Clinic a call to schedule an evaluation. The most dangerous six words that we chiropractors frequently hear are **"I thought it would go away"**.

Factoid:

In 2008, over **107,000** patients visited emergency rooms for ski & snowboard-related injuries.

US Consumer Product Safety Commission

Testimonial

"... Dr. Tomaino's knowledge and skills are obvious in his excellent patient care...honest sincerity in his patients' healing are what really set him apart."

~Evan V.

(To read Evan's complete review, search "Shephard Chiro" on Google and click "Reviews")

Dr. Tomaino is now a provider with BlueCross/BlueShield of Oregon!!

Dr. Tomaino has been accepted into the BCBS network of chiropractic physicians as of January 1st, 2010. Be sure to update your insurance information with our staff so that you can take full advantage of your healthcare benefits.

Upcoming Events:

Portland Golf Show - Fri-Sun, Feb. 12th-14th - Portland Convention Center: Stop by our booth and say hello!
Patient Appreciation Day - Saturday, April 10th - Shephard Clinic: **5 canned goods gets you a free adjustment.** New patients receive first day services (consult, exam, X-rays-if necessary) for 5 canned goods and \$20!

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